

Subj: **Terrific Twos**
Date: Wednesday, January 21, 2009 8:57:20 PM
From: sesamefamily@sesameonline.org
To: ELANAH@AOL.COM

[view this email as a webpage](#)



Sesame Family Newsletter



January 21, 2008

Terrific Twos

by Elana A. Halberstadt

One mom celebrates her son's "twoness."

[Click to continue...](#)

Featuring:

Welcome to Planet Twos
Triumphant and Glorious Words

Laughing and Running in Circles with Wheels



Games and More

Shape Up

[Grover's Workout Video](#)

Grover leads a workout, but then he tires out.

[Ernie Gets Bert to Exercise](#)

See how Ernie tricks Bert into play tag with him.

[Jumping Rhyme](#)

Abby and Zoe teach Rosita to jump and rhyme.

[Zoe's Dance Moves](#)

Make a dance with Zoe.

[Weekly Trivia](#)

Talking Cents

It's never too early for children to learn the basics about money and how to handle it sensibly.

[Learn More](#)

Healthy Habits



Get the new year off to a good start with healthy habits for your family.

[Learn More](#)

The Number of the Year is 40!

The number of the year is 40 -- that's how many years *Sesame Street* has been helping children learn with laughter and love.

As part of our 40th anniversary celebration, we have created [The Count's Monthly Giving Club](#) -- a new way for Sesame friends to join us in our fun and furry mission!



When you join the Count's Monthly Giving Club, you can set up a recurring gift that will help us continue our mission to help children around the world.

At *Sesame Street*, we love to count -- especially when we can count on you!

[Learn more or join the Count's Club](#)

WELCOME TO PLANET TWOS



The World Is Your Toddler's Oyster - Year One to Year Two

Support your toddler's
development through
everyday moments together.

Thousands of diaper and battery changes later, my husband Andy and I have made it out of babyhood and landed in the Galaxy of Toddler. Our son Max just turned two in November. Goodbye, Max who eats his greens. Hello, Maximizer, who joyfully flings peas.

Max runs, climbs, and talks up a flurry of words. "Mommy, wheels-circle-round-cheese!" Translation: Cars with wheels go in circles and he wants to eat cheese. In the morning, he scurries so fast I get dizzy. Max takes off his pajamas and runs in zigzags, roaring, "Pants off!" I make futile attempts to catch him. "Max, you are a wild beast," and I growl like a lion. He singsongs back, "Wild beast, wild beast!" He always repeats everything he hears. He sounds like a parrot, is pouncing like a lion, and we're not going anywhere. We chase each other around and I finally get him dressed by sticking his pj bottoms on my head -- a pants hat. He laughs, I tickle him, and when I have him close, I get the deed done before he realizes what's going on. Max is ready to zoom. "Go, Mommy, go, now!" He's banging at the door, "Out!" Geez, what's the big rush? Now I need to get dressed. Most days, I am perpetually confused and digging for wipes or bandages. Those would be for me, not him.

Max is on the move... constantly! That's the good news. I am thankful he is a healthy little boy who is growing and learning, but I get tired just watching him play. I would like more time and sleep. Ha! If only the fairytale creatures could take a break from their imaginary kingdoms and come to Maxopolis. You know, to clean up the day's mess and get things ready for the morning. Maybe do a load, or ten, of laundry. A person can dream.

Sometimes I don't feel ready for my super-charged little guy. It seems I can never catch up. He's fickle like the weather. One minute he's a sunny day, the next a winter storm rolls in. He plays happily with his dump truck and suddenly he's in a puddle of tears and screaming. "No truck!" Sheesh. "OK, no truck, Max. Let's leave it alone." I try to calm him down. "Let's see how many elbows and toes are in the room." We switch to a silly game counting body parts, and he forgets all about the truck. Whew. Is it naptime yet?

To get a view of Max's world, I got down on the floor and spent more time at his level. I looked up to see what he might see. I wanted to imagine what he might feel. I hoped that he'd give me clues. Playing was the thing. Every activity or task could be a game. When I find the funny, he is likely to join in.

Even though I might not feel ready for the twos, Max is. I have to get with the program and keep up with him as best I can. One morning I asked him, "Max, are you ready for adventure?" He clapped his hands, "Yes." I smiled with him and took note that for once, he didn't say, "No!" That came afterwards, when I tried to put on his hat and mittens.

TRIUMPHANT AND GLORIOUS WORDS



[Nothing So Terrible About the Twos - Year Two to Year Three](#)

Milestone and development information to help understand your toddler.

[Great Ways to Build Vocabulary](#)

Easy tips to help add words.

People had warned me about the challenges we might face even before Max was born. "Oh, wait, you'll see. The terrible twos!" I admit, some of the doom and gloom comments I received sunk in. Could so many people be wrong? Or exaggerating? Yikes.

I hoped we'd zip through the terrible and pause at the terrific. Was I delusional with a side order of wishful thinking? As it happens, Max's twos are a mixture of both, with terrific winning. No one told me how wonderfully delicious it would be.

I expected a downward spiral the minute Max tasted his birthday cake. Instead, he took a bite of the vanilla and chocolate layers, grinned and said, "White, brown, yummy." Hooray. Twos would not be so bad.

Around the happy birthday "swirl," many things got better, not worse. Max is learning about everything he sees. It is exciting to watch him get up and down, go in and out, climb over and under—even if it means leaving a trail of debris behind him. I pick up the mess, and Max always picks up new words. He shows and tells me what he wants like never before, "Cheese, trains, cars!" And with equal passion, what he doesn't want. "No peas! No hat! No nap!" Max is learning to do more on his own. "Max do it." We can both be proud when he grabs a mystery blob off the floor, and throws it away by himself, declaring it, "garbage." I realize this doesn't say much about my housekeeping skills, but let's be honest, most moms and dads I know don't have time for dusting under things.

Max wants to help and do whatever he sees us doing, and he announces what it is he is doing with pride: "Max sweeping" as he scatters the dust bunnies. "Piles," he states as he moves clean laundry into the hamper. He stopped resisting washing up. Now he offers his hands and face to me. "Max dirty. Clean." He says, "thank you" and "please" and "hugs."

LAUGHING AND RUNNING IN CIRCLES WITH WHEELS



[Get Physical with Skill Building](#)

Encouraging gross motor skills

Max climbs up so he can slide or jump down. I think he's getting ideas from our cat. She scales the window ledges, the top of the couch, and shelves. Max meows around on all fours, imitating her. "Max, cat, climbing, flying!" Uh, oh. Max wants to fly, but we have to keep him safe. I don't want to squash his imagination and stop him from pretending he is a cat, but I really need to make sure he doesn't hurt himself. When we see he's going into leaping cat mode off the couch, we go with the flow and announce "Flying Time". We carry him around the apartment going as fast as we can, "Weeeeeeeee!" Yes, it can hurt our aching muscles, but it's worth it when he squeals and giggles so

hard his face scrunches up. When the weather is nice, we're outdoors on the playground slide and jungle gym. Max joins a pack of boys and they scoot around in circles, pushing toys with wheels. Driving, hollering, and happy.

I try to make sure Max burns off his wild energy playing, running around with a ball, swimming --anything that gets him moving. He has the most fun when he plays with other kids his age so we go to playgroups, music class, and nursery school to be with friends. In the afternoon, we do quieter activities like reading, painting, and watching life outside our window. In the evening, he needs one last sprinting session down the hall to get him ready for dinner.

Max opens and closes doors and drawers. He inspects and explores every corner of our home, and every place we go. He turns things upside down, and looks underneath. Max is figuring out how things work. I can almost see the gears of his mind clicking as he makes connections and his eyes light up. He might try something several times before he gets it, but it always seems like each day, all of a sudden, he can do one more thing. Eat with a fork and spoon. Take his pants off. Grab the milk from the fridge. He still chases the cat, but also feeds her treats, pets her, and says, "Gentle, nice." After his bath, Max puts his stuffed animals to sleep, carefully arranging them in a circle around his pillow. "Covers on. 'Night 'night, dog, cat, bear, Max." When we turn off the lights after reading, he says, "Mommy's here, Daddy's here, Ringo's here, Max is here." He holds my hand and falls to sleep. I wish this moment could last a little bit longer. I am deliriously tired, but happy. I just hope that Max is, too.

WEEKLY TRIVIA

How many pairs of eyes does Sesame Workshop use for their Muppets each season?

- A. 100
- B. 113
- C. 194
- D. 219

Pencils down! The answer is D. 219 pairs per season. That's a lot of eyes on you!

ABOUT THE WORKSHOP



Sesame Workshop is a nonprofit educational organization making a meaningful difference in children's lives around the world. Founded in 1968, the Workshop changed television forever with the legendary *Sesame Street*. Today, the Workshop continues to innovate on behalf of children in 120 countries, using its proprietary research methodology to ensure its programs and products are engaging and enriching. Sesame Workshop is behind award-winning programs like

Dragon Tales and *Sagwa*, *The Chinese Siamese Cat*, *Pinky Dinky Doo* and ground breaking multimedia productions in South Africa, Egypt and Russia. As a nonprofit, Sesame Workshop puts the proceeds it receives from sales of *Sesame Street*, *Dragon Tales* and *Sagwa* products right back into its educational projects for children around the world. Find the Workshop online at

www.sesameworkshop.org.

Support Us | Privacy Policy



Sesame Workshop | 1 Lincoln Plaza, New York, NY 10023 | 212-875-6119

To prevent mailbox filters from deleting mailings from Sesame Family Newsletter, add sesamefamily@sesameonline.org to your address book.

[Unsubscribe from this mailing.](#)